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How can i get unblocked from facebook

Submit a request for review to get Facebook to enable your account.Message your friend on another platform and ask them to unblock you on Facebook.If you’ve been blocked from a Facebook group, check the rules and reach out to an admin for clarification. This article will walk you through several strategies for how to get unblocked from Facebook friends, groups, pages, and even the entire Facebook platform itself. Facebook often disables or blocks accounts it suspects are fake or are impersonating another person. Posting controversial content can also often result in access to a Facebook account becoming blocked. To get your account unblocked from Facebook, the best strategy is to submit an official request for review. Here’s some tips for how to get a Facebook friend to unblock you. Check if your Facebook friend actually blocked you. It’s possible that they just changed their name or privacy settings. They also may have just deleted their Facebook account. Find out why your friend blocked you on Facebook. Reflect on recent Facebook posts or messages you may have written that could have offended or been misunderstood. If you genuinely can’t think of a reason for you being blocked, reach out to a mutual friend and ask them if they know. Contact your friend off of Facebook. If your friend has blocked you, they won’t be able to see any messages or comments you send them. Instead, try contacting them on a separate app such as Signal, Telegram, or Instagram. Only message your friend once on one platform. Multiple messages on multiple apps can be seen as harassment and could cause even greater friction in your relationship. Do not send follow-up messages. Call your friend. If your Facebook friend isn’t on any other apps, or you don’t know what apps they’re using, give them a traditional phone call. Call your friend once. If they don’t answer, record a single voice message and then leave the ball in their court. Apologize and ask your friend to unblock you on Facebook. It’s usually pretty difficult to get unbanned from a Facebook page or group as Facebook admins and moderators use the ban feature as a last resort once their minds are made up. There are some strategies you can try, however, to get back into a group or page on Facebook. Reflect on your behavior. Were you rude to other users? Did you break any Facebook group rules? Find out what you did wrong before proceeding any further. Facebook groups usually list their rules in their description or within a designated rules tab. Each Facebook group has different rules so it’s important to check them before writing a post or comment. Contact the owner or an admin. Select the Facebook page or group name or the Members tab to view its admins. Only contact one admin. Spamming the entire group could result in your entire Facebook account being reported for harassment. Contact an admin off of Facebook. If you’re unable to connect with the group or page owner or one of its admins, reach out to them on another app. Only message one person and only send them a single message. When you do, be polite and explain your situation. Respect the response and move on if you have to. If you get unblocked from a Facebook group or page, be grateful and try your best to prevent such a thing from happening again. However, if your attempt to get unblocked is unsuccessful, it’s best to respect the decision of those involved and move on with dignity. After all, there are plenty of Facebook groups and pages to explore in almost every niche imaginable. FAQ To block someone on Facebook in a browser, go to the Account icon and select Settings and Privacy > Settings > Blocking > Block Users. Enter the name of the person or page you want to block, then select Block. In the Facebook app, go to the person’s profile page and select More (three dots) > Block. When you block someone on Facebook, they can’t communicate with you or see anything you post. You won’t see any of their posts or comments. It’s like you’re invisible to each other on Facebook. The blocked user can’t invite you to events, see your profile, or send you a message via Messenger. To block a page on Facebook, go to the Account icon and select Settings and Privacy > Settings > Blocking > Block Pages. Start typing the name of the page you want to block, then select it from the drop-down menu. Thanks for letting us know! Get the Latest Tech News Delivered Every Day Subscribe Tell us why! Getting blocked by someone on Facebook is frustrating. When you are blocked by someone on Facebook, there are few options to unblock yourself. In fact, unless the person unblocks you on their own, you can't become unblocked on your own. There is one thing that you can do, that requires setting up a new Facebook account. You can use your same name, but you must sign up with a different email address. Once the new account is set up, you can proceed to contact the person who blocked you. Keep in mind that the person may see your online attempts to contact her as harassment and may block your second account as well. Go to facebook.com and fill in the "Sign Up" section. Enter an alternative email address that isn't attached to an existing Facebook account in the "Your Email" and "Re-enter Email" fields. Click the "Sign Up" button once. Enter the Captcha security code in the text box and click the "Sign Up" button a second time. Advertisement Complete the Facebook account registration and find friends, add profile information and upload a profile picture. These items are optional and you may add them at a later time. Click the "Save & Continue" button to finish. Go to your alternative email account and retrieve the Facebook confirmation message. You will need to click a link in that email before your new Facebook account becomes active. Once the account is active, you can contact the person who blocked your other account. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. You can unblock Facebook on a connection by using a VPN, proxy, or Shadowsocks. Thees solutions will route your connection to Facebook through a different network where Facebook isn't blocked. If you're at school, at work, or in a country with internet censorship, there's a good chance you can't access Facebook. The social media site is blocked by sysadmins and government officials the world over, but luckily you can unblock Facebook with some simple software. Why Facebook Is Blocked There are two main reasons why Facebook may be blocked: the people in charge of your internet connection are worried that you'll waste time, or that you'll come across information they don't want you to see. Schools, universities, and offices generally don't like you to access Facebook on their time as you could, in their opinion, better use that time to study or work. As such, system administrators for these institutions will block Facebook access. In the case of online censorship by countries, the block is usually more political. The regimes in these places are likely worried that you'll see information they would not like you to see. Examples include Russia and China, two countries that want to curate what their citizens are exposed to online. How Blocks Work Whatever the case may be, the way the block is set up is usually the same: the IP addresses associated with a site, in this case Facebook, are blocked off by whoever controls the internet connection. This means that when you try to access Facebook, you get an error when you type in facebook.com in your browser. However, the way these blocks are set up also gives you a way to get around them. Since the block is on your end, you may not be able to access Facebook, but somebody else not at your school or in your country can. You can get around a block by first connecting to another IP address which is not blocked and then accessing Facebook. Luckily, there are several types of software that can do this. In this article we'll go over the three best types, which are all easily accessible for people anywhere. Proxies The first option is to use a proxy. This is a simple application that will run in your browser, rerouting your connection through a server. Our favorites are HideMyAss' proxy or Hide.me's proxy as they're completely free to use and will usually work to get you through to Facebook. They're also a good option because you don't need to install any software to use them. However, proxies, even good ones, come with a few downsides. The first is that they're very, very slow, so if you're on an already slow connection they might not work at all. The second issue is that they don't always get through, proxies just aren't very good at that, and many blocks have some kind of detection software. This can be a problem if you're at school or work, but is downright disastrous in countries like Russia or China, where circumventing blocks can get you into trouble. As a result, you may want to avoid using proxies to get past nationwide blocks or if your employer or school is particularly strict. Shadowsocks The next option is a direct upgrade to proxies named Shadowsocks. This is a form of proxy connection, but is encrypted and also a lot harder to detect. It's used a lot by people looking to access the internet from China and is a pretty solid way to get past most Facebook blocks. The downside to using Shadowsocks is that it can be pretty tough to set up unless you install a program called Outline. Outline itself costs nothing, but it doesn't work without a server to route through. If you have access to a server of your own, that's great, but you'll usually have to get one through a VPS provider, which will set you back at least \$5 per month. VPNs The final and probably best way to unblock Facebook is to install and use a virtual private network. These handy tools reroute your connection much like a proxy does, but encrypt the connection while also hiding it. They do this to a higher standard than Shadowsocks does, even, and it's very rare that you won't get through to Facebook when using a VPN. There is, however, a small downside to VPNs, namely that the good ones cost money. It could be as little as a few dollars per month, though the best VPNs can cost up to \$100 per year. However, it may be worth the expenditure as VPNs can be used to crack all kinds of online services, including unlocking Netflix libraries and letting you torrent files in peace. Online you'll see many VPNs that advertise as free services, but usually you want to avoid these as they don't work very well and may actually end up stealing your data—the opposite of what they're supposed to do. If money is tight, though, we go over some good free VPNs in our article where we compare them to paid VPNs. If you're in school or at work, you may want to try unblocking Facebook with a proxy before trying anything else. Proxies are free and don't require installation, which is great. Shadowsocks and VPNs are better for people that can install software and are at greater risk of being caught Then again, if you can freely install software on your work computer, say, VPNs may be an appealing option as you can use them at work for Facebook, but at home to unblock Netflix. There are plenty of VPNs to pick from. For general use we like ExpressVPN, though if you just want something cheap you can try Private Internet Access. Download Article 3 ways to reverse a Facebook block Download Article If you believe Facebook has wrongly disabled your account, you can submit an appeal after entering your login information. If you've found that a friend or a group has blocked you, you may be able to convince them to unblock you. This wikiHow teaches you how to ask Facebook to restore your disabled account and how to get a friend to unblock you. To get your account unblocked by Facebook, submit an appeal within 180 days. If a friend blocked you, try contacting them through other means to ask them to unblock you. If you were blocked from a group, contact a group admin to find out why and see if they will unblock you. 1 Log into your Facebook account to submit an appeal. An option to appeal the suspension will appear automatically when you log into your Facebook account on mobile or desktop.[1] Fill out all the required fields, submit the form, and wait to receive an answer. Facebook disables accounts that violate their terms. This may mean you were using a fake name, impersonating someone, or using behavior that goes against Facebook's community standards. If you think Facebook disabled your account by mistake, you can continue with this method to submit an appeal. You can only submit an appeal within the first 180 days of your account being disabled. If your account has been disabled for more than 180 days, it's been permanently purged and can no longer be recovered. Advertisement 1 Confirm that your friend blocked you. Before you even attempt to contact your friend about the suspected blocking, make sure that they did indeed block you rather than simply deleting or deactivating their account. Here's one way to check: Go to and click a conversation with the person. It can be a one-on-one or a group conversation. Can you see the person's profile photo at the top of the message? If it's a group convo, do you see their profile photo in the far-right panel under "Chat members?" If so, their account is active, which means they haven't deactivated it. If the person has no profile photo and you can't access their profile, they've likely deactivated their account, not blocked you. Click the person's name at the top of the message (if it's a one-on-one chat). If it's a group chat, click the three dots next to their name and select View Profile. If you see their profile, you are not blocked. But if you see "This content isn't available right now," you're blocked. 2 Consider why the person may have blocked you. If the block occurred out of the blue, the person may have blocked you because of work- or school-related reasons (for example, newly promoted managers often must block their employees as per their contract). If you recently had an ideological debate or argument with the person, however, there might be a more personal reason for the block. 3 Find a way to contact your friend outside of Facebook. Try a phone number, an email address, or other social media accounts. Another way to contact someone who blocked you is by creating a new Facebook account, finding their profile, and messaging them from there. This will only work if their security settings allow you to look them up, and your message may not be sent directly to them due to Facebook Messenger's filtering system for people who aren't friends. Warning: Depending on your relationship with the person who blocked you and their reasons for blocking you, contacting them on another platform may seem like harassment and cause a further rift. You should give them some time before trying to contact them. Only contact them if they are a close friend or family member and you really want to mend your relationship with them. Remember that when people block you on social media, they are usually trying to set a boundary. Be respectful of that. 4 Ask your friend why they blocked you. In a non-confrontational tone, politely ask your friend if they blocked you, and if so, why they did. Let them know you want to remain in contact with them and are open to discussing your relationship. 5 Consider your friend's response. Depending on what your friend says, you may have to allow the block to stand (e.g., the aforementioned newly promoted manager situation). However, if they're open to unblocking you, make sure you listen to their side of the situation. If your friend doesn't respond, don't follow up with additional communications. 6 Ask your friend to re-friend you. If they do agree to unblock you, let your friend send you a friend request rather than sending one yourself. Advertisement 1 Considered why you were blocked from the group. Did you violate any of the group's rules? Facebook groups are allowed to have their own rules. They usually will post the rules in the group description. Figure out the reason you were banned before going any further. 2 Contact an admin. You can find out who the admin of a group is by going to the group page and clicking Members. Admins are listed below "Admins & moderators." Send a private message to one of the group's admins. If you can't get in touch with one of the moderators, try contacting a friend from within the group and see if they can get you in touch with one of the moderators. Only contact one of the admins. Don't try to spam every admin and moderator with the same message. 3 Politely explain the situation. When you do get in touch with a moderator, politely explain what happened. If you didn't know the rules, explain that you didn't know and that you've read the rules and will follow them in the future. If you knowingly broke the rules, politely explain why you behaved the way you did and that it won't happen again. Listen to what the admin has to say about the situation. 4 Ask if you can be unblocked. After having a polite conversation with an admin and listening to what they have to say, go ahead and ask if you can be unblocked. 5 Allow whatever decision they make to stand. Regardless of their decision, you'll need to accept it and move on. If they unblock you, great! If not, you'll need to accept that decision and move on. Sending repeated messages to the moderators will not convince them to let you back in. You can find another group with similar interests. Advertisement Add New Question Question Why am I getting a message that says there is "suspicious activity"? In some cases it can be because you have recently logged in on an unusual computer or in a new location. Change your password and follow any additional instructions. Question My Facebook account was blocked for 72 hours. Those 72 hours are now up, but it is still blocked. What should I do? Contact Facebook support and tell them about your problem. Question What can I do to unblock myself if someone blocked me on Facebook? The person has a reason for blocking you. You can't unblock yourself. This is about privacy and personal choice and you can't force the person to be your friend. You can learn more by reading about Facebook policy. Ask a Question Advertisement Thanks Thanks Advertisement 1 Written by: wikiHow Technology Writer This article was co-authored by wikiHow staff writer, Travis Boylls. Travis has been a tech writer at wikiHow for more than 10 years. He has also worked in technical support for Dish Network and AT&T Wireless. He studied graphic design and web design at Pikes Peak Community College. He specializes in Windows, macOS, Linux, Android, iOS, and video game consoles. Travis has had a fascination with computers and technology that goes all the way back to childhood. He is proficient in all manner of software and computer operating systems. This article has been viewed 390,192 times. Co-authors: 12 Updated: March 21, 2025 Views: 390,192 Categories: Blocking on Facebook Print Send fan mail to authors Thanks to all authors for creating a page that has been read 390,192 times. Skip to content